



Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Potato Chili con Carne Shredded Cheddar Cheese Wheat Bread Fresh Tossed Salad Applesauce Ranch Dressing	4 Frederick County Dept of Aging and all Senior Centers closed for Election Day.	5 Whole Grain Pancakes Italian Sausage Hash Brown Potatoes Spiced Apples Fresh Orange	6 Beef Stroganoff Steamed Baby Carrots Tropical Fruit Wheat Bread Buttered Noodles	7 Chicken Breast w/Gravy Mixed Vegetables Fruit Cocktail Wheat Bread Mashed Potatoes
10 Meatballs & Pasta In Tomato Sauce Applesauce Rye Bread Green Beans	11  CLOSED FOR VETERANS DAY	12 Roast Beef on Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail Lettuce & Tomato	13 Chicken Salad Over Fresh Spinach Multi Bean Soup Fresh Grape Tomatoes Wheat Bread Mandarin Oranges	14 Beef Stew w/Mixed Vegetables & Potatoes Cinnamon Apples Multi Grain Roll
17 Chicken w/Gravy Peas & Carrots Diced Peaches Wheat Bread Mashed Potatoes	18 Cucumber Tomato Salad Meatballs & Pasta in Tomato Sauce Collard Greens Fresh Orange Italian Bread	19 Ham, Green Beans & Potatoes Pineapple Tidbits Wheat Bread	20 Hot Turkey w/Gravy Green Beans Diced Peaches Whole Wheat Bread Mashed Potatoes	21 Beef Hot Dog on Roll Sliced Carrots Applesauce Barley Quinoa Salad
24 Tuna Salad Fresh Spinach Diced Pears Wheat Bread Split Pea Soup Ranch Dressing	25 Fresh Carved Turkey Bread Stuffing Gravy Green Beans Fruit Cocktail Cranberry Sauce Pumpkin Pie	26 Grilled Chicken Fresh Romaine Lettuce Diced Peaches Croutons Cesar Dressing Parmesan Cheese	27 	28 Frederick County Dept of Aging and all Senior Centers closed for the holiday.

NOVEMBER 2014

Please call the senior center coordinator or meal manager
48 hours in advance to reserve a meal.

~Menus subject to change~

~Milk & Juice is served with every meal~